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Home schooling
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PROS AND CONS IS IT
WORTH IT? (page 10)



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Fantastic new species discovered

Scientists hunting about research potential of shape-shifting
marvel. The creature is not yet available to the media.

Working hard
In the shadows, a
researcher is working
hard to uncover the
secrets of a new species.
The creature is not yet
available to the media.

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How do they do it? And
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News worth sharing.

**GET YOUR BELLEON
MADONNA'S EX
LAUNCHES A NEW
WORKOUT** {page 16}



TIP-OFF NBA PREVIEW SPORTS

{page 20}



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News worth sharing.

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Snow. Fun



► Friends Ava Schafer, 9, and Sophie Cantelon, 10, invite one-year-old Victor to help them build the first snowman of the year yesterday.

ANDREAS MORSE/METRO

Just a touch of the white stuff

Edmontonians woke up to a slender blanket of snow yesterday, ending an extended warm spell this fall.

Local

Back to work for council

► Two newly elected city councillors to be sworn in today alongside incumbents
► Mandel looking forward to working with a new council {page 3}

Divorce may cost Cox

Arquette could stand to take \$50 million {page 15}

Make taxes less taxing

Preparation now can mean a stress-free spring {page 19}

Deadly airplane crash

► One killed after aircraft goes down in northeastern Alberta
► Flight originated at City Centre Airport
► BP Canada confirms passengers were their employees

One person was killed and four others were seriously injured yesterday when a plane carrying oil industry workers crashed-landed in the muskeg of remote northeastern Alberta. The twin-engine King Air 100 was on its way from City Centre Airport to Kirby Lake, southeast of Conklin, with eight passengers and two crew. It was in the process of landing around noon when something went wrong.

"The plane performed a crash landing while attempting to land at the airstrip," said RCMP Sgt. Tim Taniguchi. "The Transportation Safety Board will have to conduct an investigation."

The crash, signalled by the plane's emergency beacon, touched off a rescue that involved emergency personnel from Conklin and Fort McMurray, as well as military search and rescue from as far away as Winnipeg and a helicopter ambulance from Edmonton. Emergency crews from a nearby Cenovus Energy plant also responded to the scene. Two of the seriously injured were airlifted to Fort McMurray and two to Edmonton. The rest were treated

Conklin

► The closest community to the crash site, Conklin, is near the Alberta-Saskatchewan boundary — a 350-kilometre drive north-east from Edmonton and a 155-kilometre drive southeast from Fort McMurray.

ed at the scene and were brought back to Edmonton.

An early report from Transport Canada said the aircraft is owned by Kenn Borek Air. Initial reports from military search and rescue indicated the passengers were employees of Canadian Natural Resources Ltd., but a BP Canada spokeswoman confirmed later that the passengers were their employees.

Melanie Ostapowich said the seven BP Canada employees and a contractor were travelling to the area as part of a regular crew change at a BP natural gas operation. She declined to give any further information. **THE CANADIAN PRESS**



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This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. This procedure is a health Canada and FDA approved procedure. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly).

Neuro-Decompression is a three-phased system that was developed by CDPC doctors.



How Does It Work?

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What Are People Saying About the Treatment?

I suffered for four years with severe back pain caused by three compacted discs in the lower lumbar region of the spine. I could only walk for about half a block before the pain set in. I could only stand up for fifteen minutes before the pain would start.

After 22 treatments of decompression, my back pain was gone but I had very sore and stiff back muscles. I then went on a two-week tour of Egypt which entailed walking over uneven ground climbing steps and down into tombs for four to six hours a day. My wife and I were totally amazed there was no back pain; just some sore muscles with very slight discomfort. This was over a month ago and I'm still doing great.

I would not hesitate to recommend Canadian Decompression and Pain Centers to anyone. I have received excellent treatment from all clinic staff.

- Clifford (Ben) Shindell, Edmonton

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment...I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

I was experiencing stabbing pains in my lower back. After six treatments, the pain was gone and I had more mobility. I was recommended by a neighbour and have already suggested this treatment to a friend with back problems.

- Carol Poffinroth, Edmonton

I am very grateful to the doctor's and staff at the CDPC. After 20 years of back pain I was so fortunate to receive the decompression treatments. I am now pain free after 20 sessions. The staff is great! They are caring and compassionate people.

- Rudi Marczak, Edmonton

I heard about CDPC from a friend who had read an ad in a newspaper. I had terrible lower back pain which I discovered was being caused by three herniated discs with one pinching my sciatic nerve causing excruciating pain and numbness in my feet and also causing drop foot. I was to the point of using a cane to get around. To this point I had tried chiropractor, massage, and physiotherapy who suggested an MRI, which I had.

I then called CDPC to have the consultation and they were sure they could help me. I started taking my first treatments the first week of November - four treatments per week with a total of twenty. After the first four treatments I felt some relief of pain and after 12 treatments was able to get along without the cane. I have now finished my treatments and I feel 100% better and am able to enjoy life. I would like to give a special thank-you to the staff of CDPC for their compassion and care to me as their patients. I would highly recommend them for anyone's treatment.

- Ron Kelly, Edmonton

I worked in the machine industry as a machinist for over forty years. I have had a lot of problems with my lower back in the L4, L5 area and with my sciatic nerve over the last five years.

When I heard about CDPC I made an appointment to have my back checked. They set me up on a twenty week program. I progressed from severe pain to very little pain over the treatment program. I would recommend this procedure to anyone having lower back problems.

I would like to thank the doctors and staff of CDPC for helping me with my lower back.

- Kenneth R., Edmonton

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No suspects in Millet deaths, say police

Police said they are not looking for any suspects in what appears to be a murder-suicide in the small town of Millet south of Edmonton.

Two bodies were discovered Sunday morning on a rural property about three kilometres east of Millet.

Post-mortem examinations on the two bodies continue today and police are not releasing any information on the deceased until a positive identification has been completed.

The investigation continues and is being focused on the rural property. Police declined to release any more information. **METRO**



Loken to be sworn in today

Dave Loken is at city hall today for the official swearing-in ceremony as Ward 3's newest city councillor. Along with fellow newcomer Kerry Diotte, this will be the first time Loken has served as a councillor for the City of Edmonton.

After the ceremony, council will meet for the first time as a demonstration to families and visitors. **METRO**



► Newly elected councillor Kerry Diotte, seen here on election night, will be sworn in today, along with fellow newcomer Dave Loken.

Heading back to city hall

► Mandel says he's 'looking forward' to leading Edmonton's new council



ASPEN
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It's time once again for city hall to go to work.

Mayor Stephen Mandel is ready to move forward with a new council and a new year.

But before council can officially get going, Kerry Diotte and Dave Loken, along with the roster of incumbent councillors, must be officially sworn into

their council positions.

The culmination of months of hard work campaigning has paid off, as Mayor Stephen Mandel will present Diotte and Loken to the public as the newest members of city council today at city hall this afternoon.

"I'm looking forward to it. There's a real sense of doing things at city council and moving each other forward, so I am excited but I always temper it," said

Mandel.

"I think that when I was first elected to council it was a special time, and the first time I was elected Mayor it was a special time. I think (it) will be a wonderful day for everyone."

The inauguration ceremony officially recognizes Diotte and Loken as city councillors and gives their families an opportunity to visit council chambers during their first session.

By the numbers

- Dave Loken was one of nine candidates for Ward 3 and won with 3,953 votes.
- Kerry Diotte was one of 6 candidates for Ward 11 and won with a 44.18 per cent voter preference. He received 7,341 votes.
- Mayor Stephen Mandel received 109,432 votes with a 55.23 per cent voter preference.



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'Something to remember'

Cheremosh Ukrainian Company is keeping a traditional art form fresh after 40 years.

The local dance group will be transforming the Edmonton Expo Centre into a multidisciplinary artistic and cultural celebration, according to producer Jason Golinowski.

"This one is unique because it's our 40th anniversary and because we're collaborating with two other artists on this show," Golinowski said.

"It will be something to remember once it's all finished."

Malcolm Forsyth, Juno Award-winning composer, has taken some of Cheremosh's music from the past 40 years and created an original overture, which will be played by Ed-



► Ukrainian dance

monton's Mill Creek Colliery Band.

"The audiences seem to be responding to what we're doing and we have interest from the performer side as well," Golinowski said. "Just reinventing some of our scenes and dabbling in some of these other art forms is good and healthy to the creative process."

The Art of Cheremosh Gala takes place Oct. 30.

● ANDREAS MORSE

News in brief

Alberta joins tobacco suit

HEALTH. Alberta is joining

British Columbia, New Brunswick and Ontario in suing tobacco companies to help pay some of the health costs of caring for smokers.

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► Jeff Mortensen performs in the So You Think You Can Dance Canada finale, which aired Sunday. Mortensen placed third.

Dancer reflects on time in spotlight

► Edmontonian came in third on So You Think You Can Dance Canada



After placing third out of four final contestants in the televised dance competition So You Think You Can Dance Canada, a local dancer is looking back on the season finale, which aired Sunday night on CTV.

With a background involving gymnastics, Ukrainian Shumka dancers and Cirque du soleil, Jeff Mortensen already had a history of long

Background

► Jeff Mortensen did 476 shows a year with Cirque du soleil's Beatles LOVE show in Las Vegas.

► LOVE premiered in 2009 at the Mirage Hotel in

Las Vegas.

► During his stint with Shumka, Mortensen toured as far as China and Ukraine.

► Shumka is a resident company of the Northern Jubilee Auditorium.

practices and intense routine schedules.

"I think that my gymnastics background has definitely given me an edge in terms of taking a correction in that I'm not

always looking for praise, I'm looking for improvement," said Mortensen.

"As for Cirque du soleil and Shumka, both of those companies have given me an amazing repertoire.

Shumka's taught me you need to treat people with respect and that who you work with is who your family is and I'm so grateful for that."

When asked about what viewers didn't get to see behind the scenes, Mortensen laughs.

"We kind of have our own language and we talk in weird voices and accents and have little sayings only we understand," he said.

"It's strictly just a good time backstage."

Minister defends health reform

Alberta's health minister lashed back yesterday as opposition critics presented letters showing doctors have warned the government for years of severe overcrowding in emergency wards.

"(The system) doesn't fix itself overnight as we all know, but fixes are in the works. A lot of it has already occurred and more of it is coming," Gene

Zwozdesky told the legislature yesterday.

In the letter, Dr. Paul Parks warned the system was on the verge of "potential catastrophic collapse" due to long backlogs of pa-

tients.

Parks cited examples of suffering: Stroke patients having to wait for hours, and one heart attack patient dying while awaiting care. THE CANADIAN PRESS

ANDREAS MORSE/METRO



► A city environmentalist says Edmonton needs to focus on growing up — not out.

Build with community in mind: Activist

► Drop-in sessions at city hall Nov. 3 and 4 ► Submit suggestions online at www.thewaywegreen.ca



ANDREAS MORSE
@METRONWS.CA

One of the keys to building a sustainable city is bringing people closer together, a local activist said.

Mike Hudema, a Greenpeace campaigner, said the city needs to take an holistic approach to its green plan.

"Instead of building out, we should be building upwards and making communities that people want to live in," Hudema said. "(Buildings) that enhance and sustain communities, rather than separate us

6

The city has summarized six options for Edmontonians to consider: **energy and climate change, river water supply and quality, food security, air quality, biodiversity, and waste management.**

from each other."

Hudema said it takes input from both scientists and the general public to ensure that building a sustainable city is done right.

"We all want to see a greener path for the future. The thirst and desire from Edmontonians is there," he said. "It takes all of us to make a healthy community and hopefully Edmonton can start charting that path."

The city has already started the journey and is inviting citizens to have a say and learn more through two public input sessions.

"As taxpayers, we're ultimately the ones that are going to make this thing happen," said Mary-Ann Thurber, from the city's environment office.

VEGETABLE OIL

Panel favours province in trade dispute

Alberta has won a trade dispute over policies that restricted vegetable oil producers and refiners from selling in

Ontario, according to one minister.

Alberta's intergovernmental affairs minister, Iris Evans, said a panel ruled that Ontario regulations restricting the sale of such products are a barrier to interprovincial trade.

She said for too long Ontario has maintained restrictions that are contrary to its domestic trade obligations.

The Agreement on Internal Trade panel has given Ontario until Feb. 1 to comply or face a penalty of up to \$5 million. ● METRO

Minister OK after allergy attack

Minister of Infrastructure Ray Danyluk was taken to hospital yesterday after suffering an allergic reaction to peanuts.

Danyluk was in a meeting with Health Minister Gene Zwozdesky when he went into anaphylactic shock. A spokesperson from his office says Danyluk is "doing fine." ● METRO

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Mayor approves

Mayor Stephen Mandel was present at the Enbridge Capital Region United Way Campaign yesterday to give his support.

"It's great that they're going to be involved with the homelessness issue in Edmonton and we're hoping they'll reach their goal," said Mandel.

The recently re-elected



► Mayor Stephen Mandel

Mandel, along with Anne McLellan, were there to voice support for the United Way initiatives.

● METRO

Homelessness Commission gets a shot in the arm

► Charity chooses Homelessness Commission as this year's focus

The United Way celebrated its successes of the past year and outlined its next set of goals with a presentation hosted by Enbridge at City Centre Church on Jasper Avenue yesterday. Former MP Anne McLellan and Mayor Stephen Mandel were invited as guest speakers.

"We every year try to pick something to engage our employees and this year we've picked the Homelessness Commission," said Leon Zupan, senior vice-president of operations, Enbridge Pipelines and former campaign chair of the United Way.

Employees will help prepare boxes for those in need as well as volunteering in the community

125% jump

- The United Way hopes to raise \$21.5 million this year, which is a 4.5 per cent increase over last year.
- Mayor Mandel's Committee to End Homelessness has housed more than 1,000 individuals in the last 18 months. The original goal was 300 individuals during this time period.
- Homelessness in Edmonton has increased by 125 per cent since 2000.

wherever they can.

"We want to make sure we're focused on the mayor's goal to end homelessness in our community," said McLellan.

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ACCIDENT

Girl, 9, struck by car on crosswalk

A crosswalk wasn't enough to protect a nine-year-old girl from injury on the south side over the weekend.

The young girl is in hospital, having suffered a broken leg

and other injuries after being hit by a car on Millwoods Road East on Sunday evening.

Edmonton police investigators said the nine-year-old girl was walking in a crosswalk at TD Baker School around 8 p.m. Sunday night when she was struck by a vehicle.

Traffic analysts were on the scene for over three hours conducting their investigation but so far, there is no word on any charges.

● METRO

Woman sentenced in theft of purse

A 28-year-old woman will spend the next 15 months behind bars for robbing a 78-year-old woman this summer.

Georgina Margaret Cardinal pleaded guilty to robbery for stealing the elderly woman's purse after she stopped to give her a ride back in August.

● METRO

Man killed in sport utility rollover

A man is dead after the SUV he was driving went out of control and rolled in a recreation area in north-western Alberta. The accident happened Saturday as the 33-year-old Grande Prairie resident was driving a Jeep in the Dunes Recreation Area. The SUV rolled and landed on the driver's side.

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Body. Art



► Thailand's Yanisa Suayvicha shows her tattoos during the annual Tattoo Festival in Bangkok yesterday.

SARCHAI LALIT/AP PHOTO

Tattoos on display

Thousands of tattoo fans gathered to see the work of dozens of international tattoo artists and share their common love of body art. The event brought together artists from Asia, Europe and America and showcased body art from different cultures.

California puts weed to a vote

► Move to legalize pot comes amid reports laws target blacks ► Study says arrests are racially biased

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites. That's despite several federal government studies that suggest fewer African-Americans smoke marijuana than whites.

The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Alliance, concluded that marijuana arrests are racially biased because police focus on high-crime,

\$100,000
Facebook co-founder
Sean Parker recently
contributed \$100,000
US to the campaign for
Proposition 19.

low-income neighbourhoods often populated by African-Americans.

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian over the age of 21 to possess an ounce, or 28 grams, of marijuana while also giving the green light to cities and counties to regulate sales of weed.

"The war on drugs has become a war on minorities," the ACLU wrote yesterday to Eric Holder, the U.S. attorney general.

THE CANADIAN PRESS

Karzai: U.S. gives 'bags of money'

Afghan President Hamid Karzai said yesterday that once or twice a year, Iran gives his office \$700,000 to \$975,000 for official presidential expenses and that Washington also provides "bags of money" because his office lacks funds.

Karzai's comments come a day after the New York Times reported that Iran was giving bags of cash to the president's chief of staff, Umar Daudzai, to buy his loyalty and promote Iranian interests in Afghanistan.

The Times quoted unnamed sources as saying the cash amounted to a slush fund that Karzai and Daudzai had used to pay Afghan lawmakers, tribal elders — and even Taliban commanders — to secure their loyalty.

Karzai told reporters yesterday that he had instructed Daudzai, a former ambassador to Iran, to accept the money from Tehran.

He added that several nations have given money to his office — the first being



► Hamid Karzai

the United Arab Emirates, which provided \$1.5 million nine years ago when Afghanistan's interim government was formed.

"That was a big help and we submitted all the money to the central bank and we were paying for the daily expenses of the government," Karzai said. "After that, a number of other countries helped us in the same way."

THE ASSOCIATED PRESS

Currying favour

Karzai did not offer details about how the money was spent, saying only that it was used to "help the presidential office" and to "dispense assistance" to certain individuals.

► Karzai said this was not hidden. "We are grateful for the Iranians' help in this regard. The United States is doing the same thing. They are providing cash to some of our offices."

► Asked whether the U.S. actually gives bags full of cash to the presidential office, Karzai responded: "Yes, it does give bags of money."

► In Washington Pentagon press secretary Geoff Morrell said he was not surprised that Karzai's office was receiving money from Iran, which he said was playing a destabilizing role in Afghanistan and "walking both sides of the street."

Cholera risk calms in Haiti: Officials

A cholera outbreak that has killed more than 250 people in rural Haiti is stabilizing, health officials said yesterday, as aid groups and the government race to prevent it from spreading to the capital's squalid camps of earthquake survivors.

The outbreak was expected to continue spreading, but aid groups and the government said a drop in the death rate and the number of new cases suggested it could progress more gradually than feared.

Officials said no cases have originated in the capital, Port-au-Prince, where authorities fear abysmal hygiene, poor sanitation and widespread poverty could rapidly spread the disease.

THE ASSOCIATED PRESS



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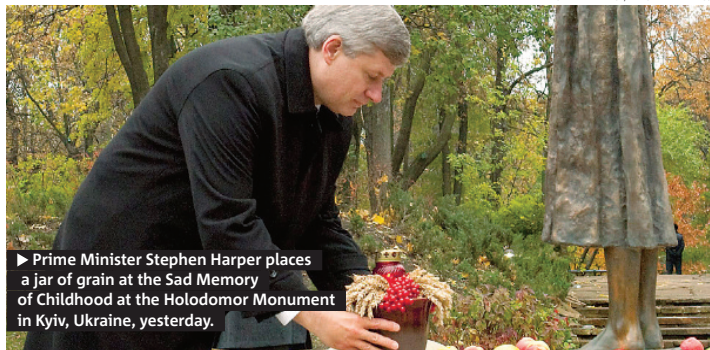


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► Prime Minister Stephen Harper places a jar of grain at the Sad Memory of Childhood at the Holodomor Monument in Kyiv, Ukraine, yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

PM marks genocide during Ukraine visit

► Ukrainian leader Viktor Yanukovich conceded event was 'Stalinist' crime ► Leaders also discussed free-trade deal

Prime Minister Stephen Harper tackled the sensitive subject of the Ukrainian genocide and the country's faltering human-rights record during talks

with his counterpart yesterday.

Harper was asked to comment on recent attempts by the government of Viktor Yanukovich to control the country's media, and the intimidation of students, academics and historians by police.

"I raised those matters and raised them both generally and in some detail with President Yanukovich. I won't get into any more detail, other than to say that I appreciate the president's firm commitments publicly," Harper said.

Harper didn't get into specifics, but his itinerary on the trip is itself a blunt message.

He began his day at a monument marking the starvation deaths of up to 10 million Ukrainians at the hands of Josef Stalin in

"It's a striking monument that reminds us all of the really terrible events in history — one of the great crimes of history — the Holodomor."

PRIME MINISTER STEPHEN HARPER

the 1930s — a genocide that Yanukovich has been reluctant to recognize.

The Holodomor has been recognized as a genocide in the Canadian Parliament and by several other countries.

Recognition has been an important point of principle among Ukrainian Canadians, many of whom had relatives who fled the country during that period.

THE CANADIAN PRESS

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Toronto 18 leader gets 16 years

The ringleader of the so-called Toronto 18, who told recruits the group would storm Parliament and "cut off some heads," has been sentenced to 16 years in prison.

Court heard weeks of evidence that Fahim Ahmad, 26, plotted to attack Parliament buildings, electrical grids and nuclear stations, and that he held training camps to assess recruits.

At one point, an undercover police officer in a surveillance van intercepted Ahmad suggesting going to Parliament to "cut off some heads" and "kill everybody."

Ahmad has a credit of 8½ years for time served and is eligible for parole in 3½ years. The Crown had suggested 18 years to life in prison, while the defence was asking for about 12 years.

Ahmad had pleaded guilty mid-trial to participating in a terrorist group, importing firearms and instructing his co-accused to carry out an activity for a terrorist group.

Ahmad was emotionless as the judge read his decision, but later turned around to smile at supporters gathered in the courtroom.

During his trial, court heard Ahmad was the leader of a terror cell and

"We've sent out a strong signal to the community that these type of offences will not be tolerated in Canada, and it reflects the seriousness of the crime."

CROWN LAWYER
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held two training camps in the Ontario wilderness to assess his recruits' suitability to help him in his plot.

At the camp, he gave a fiery speech where he urged the men to band together to do whatever it took to defeat the empire of Rome, meaning Western civilization.

In his reasons for the sentence, Ontario Superior Court of Justice Fletcher Dawson took into account the fact Ahmad has no previous criminal record and shows remorse.

He also considered letters written by Ahmad and his wife. In his letter, Ahmad wrote that he has interacted with people of other religions in jail and has grown tolerant.

"I am not dealing with someone who remains openly defiant," Dawson said. THE CANADIAN PRESS

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SHAUN SIMPSON

Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.



Hiccup girl charged after fatal robbery

► Police allege Mee, now 19, lured a man to a vacant home, where her friends stole less than \$50 and shot him

An uncontrollable case of the hiccups brought an odd sort of fame to Jennifer Mee, who was 15 when she appeared on television morning shows trying to find a cure for her mysterious affliction.

Five weeks later they stopped and the media attention mostly disappeared — until this week, when Mee, now 19, was charged with first-degree murder after police allege she met a 22-year-old man online and lured him to a vacant home where two of her friends robbed and shot him.

Mee's journey into the



spotlight began in January 2007, at Northeast High School in St. Petersburg. That's when Mee got the

hiccups and spent five hours in the nurse's office.

Her unusual condition landed her on NBC's Today Show. But her life seemed to fall into disarray when the hiccups stopped five weeks after they started. She ran away from home twice and her family has sued a hiccup cure company for allegedly using her image without permission.

"I've said for a while now, her case of the hiccups ... was a curse of the hiccups," Mee's mother, Rachel Robidoux, told 93.3 WFLZ in Tampa yesterday.

THE ASSOCIATED PRESS

AIDS AWARENESS

Church giving out condoms

A Catholic church in the central Swiss city of Lucerne has sparked controversy among believers with an AIDS-awareness campaign that involves distributing to teenagers condoms bearing the slogan "protect thy neighbour as thyself."

The church plans to hand out 3,000 condoms as part of an effort to en-

gage young people turned off by the Vatican's long-standing opposition to the use of condoms.

Spokesman Florian Flohr says the campaign has drawn mostly positive reactions but some Catholics have expressed concern. Officials at the diocese of Basel didn't immediately respond Monday to requests for comment. A spokesman in the neighbouring diocese of Chur was quoted by Swiss television SF1 describing the condom campaign as "a mistake."

THE ASSOCIATED PRESS

N.J. gets tough on bullying

New Jersey lawmakers have introduced a bill to toughen the state's anti-bullying laws after the widely publicized suicide of a Rutgers University student.

The "anti-bullying bill of rights" targets public schools and colleges, and would require school districts to establish anti-bullying programs and require training for staff in suicide prevention.

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Tokyo. Electric sports car



► Tesla Roadster owner Takao Ozawa with his electric sports car in Tokyo.

ITSUO INOUE/THE ASSOCIATED PRESS

Teslas make their way to Tokyo

Tesla, the U.S. maker of electric sports cars, opened its first Asian showroom yesterday in a fashionable Tokyo neighbourhood, hoping to woo rich buyers before eventually widening its appeal with cheaper models. Entrepreneur Takao Ozawa loves the quick, gear-less and silent acceleration of his Tesla, but only uses it for commuting and relies on his gas-engine Citroen for trips.

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MARKET WATCH BY THE BUREAU

World economy a worry: Flaherty

- Countries in G20 aim to stop currency devaluations
- G20 represents about 85% of the global economy

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path."

Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

On Saturday, the G20 countries vowed to avoid

potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

The agreement, though vague on enforcement and long on promises, was hailed by officials and analysts as a step forward in defusing tensions. The G20 also said it would pursue policies to reduce trade and current account imbalances that threaten the economic recovery. **THE CANADIAN PRESS**

Who's in it:

The G20 is made up of a wide range of countries at various stages of development.

- **G7 members** Besides the U.S., the G7 includes the other members of the Group of Seven advanced nations, the traditional drivers of the global economy.
- **New heavyweights** Fast-rising China, India and Brazil, as well as traditional global political heavyweight Russia, are members, as are major commodity producers Saudi Arabia and Australia.

Ready to retire?

Pension reform:

Noted academic Jack Mintz from the University of Calgary says some enhancement of the Canada Pension Plan would make up for companies abandoning defined-benefit plans.

A consensus on how to reform Canada's retirement-income system is solidifying around the idea of expanding the Canada Pension Plan.

A new research paper by expert Jonathan Kesselman at Simon Fraser University looks at many options on

the table and concludes that a bigger CPP — with a mandatory increase in premiums as well as benefits — is the best choice.

The federal government and many of the provinces are heading slowly in that direction.

THE CANADIAN PRESS

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THE EDMONTON FINANCIAL LITERACY SOCIETY

Project Manager

The Edmonton Financial Literacy Society (EFLS) is an established non-profit organization providing quality financial literacy education with a strong behavioral component to low- to moderate income Albertans. Due to increased funding, EFLS has created a new full time position of **Project Manager**. The position will be based in EFLS' downtown Edmonton office.

Appropriate job training will be provided and the successful candidate will report directly to the Executive Director.

Responsibilities include:

- Manage projects in accordance with contracts, funder's requirements, & board directives.
- Facilitate financial literacy programs to clients and provide train the trainer to partner organizations.
- Evaluate projects and provide recommendations for improvements and process change.
- Strengthen partnerships with other agencies within the community.

Ideal candidates will:

- Be engaging in social settings, and is motivated by meeting and interacting with people.
- Enjoys a variety of work environments, and is comfortable with differing job activities and pressures.
- Be able to follow guidelines but enjoys latitude to adapt process and policies to differing situations.
- Possess adequate detail and analytical skills to accurately evaluate the projects they work on.
- Own reliable transportation as travel is required, and be able to work occasional evening/weekends.

Candidates should apply to **The Executive Director, Nigel Kidd: NigelKidd@efls.ca**

Closing date for applications is **November 8th 2010**. Compensation will be based on experience and qualifications.

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FRIGHTENING COSTUME CLICHÉS TO AVOID

She says ...

**JESSICA
NAPIER**



Halloween is one of those annual events I just love to hate.

Every year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely co-operative cats and dogs are not

amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfitted in some sort of "adorable" Halloween outfit. Next time

you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice

Guy will be, you are going to offend someone. Blackface is never a good idea.

And finally, the worst costume offence of them all — the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this

spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

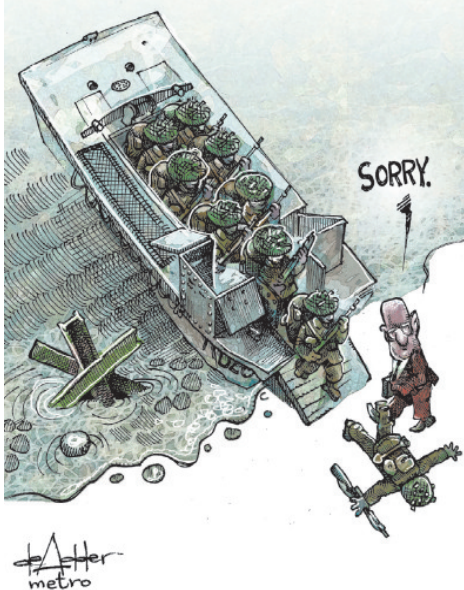
I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

IF VETERANS AFFAIRS WAS ON THE BEACH ON D-DAY:



MICHAEL DE ADDER

Call the fashion police

Worth mentioning

Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as

Fine clothing or fined for clothing?



THE ASSOCIATED PRESS FILE

they are not too revealing. "It's a matter of common decency," he told The Associated Press.

A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing

football in public spaces — Bobbio says these games often turn into fights — sunbathing or undressing in town, blasphemy and foul language in general. Men cannot go around shirtless, the rules say.

Violations can be punished with a fine of up to \$700 US.

THE CANADIAN PRESS

What's your favourite Halloween costume?
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Metro has the right to edit letters and submissions.

Metro Minute at Blueprint for Future

Blueprint for the Future, Canada's largest aboriginal career fair, hits Edmonton today at the Shaw Conference Centre.

The fair will bring hundreds of aboriginal students from all over the province to Edmonton, delivering much needed educational resources and giving them access to career professionals in government and corporate

sectors.

Hosting the fair is Dreams in Motion — a motivational speaker duo composed of Linsey Willier, a finalist on Canada's Next Top Model, and James Jones, finalist on the hit show So You Think You Can Dance Canada.

For more information on youth or supporter registration, visit www.naaf.ca.

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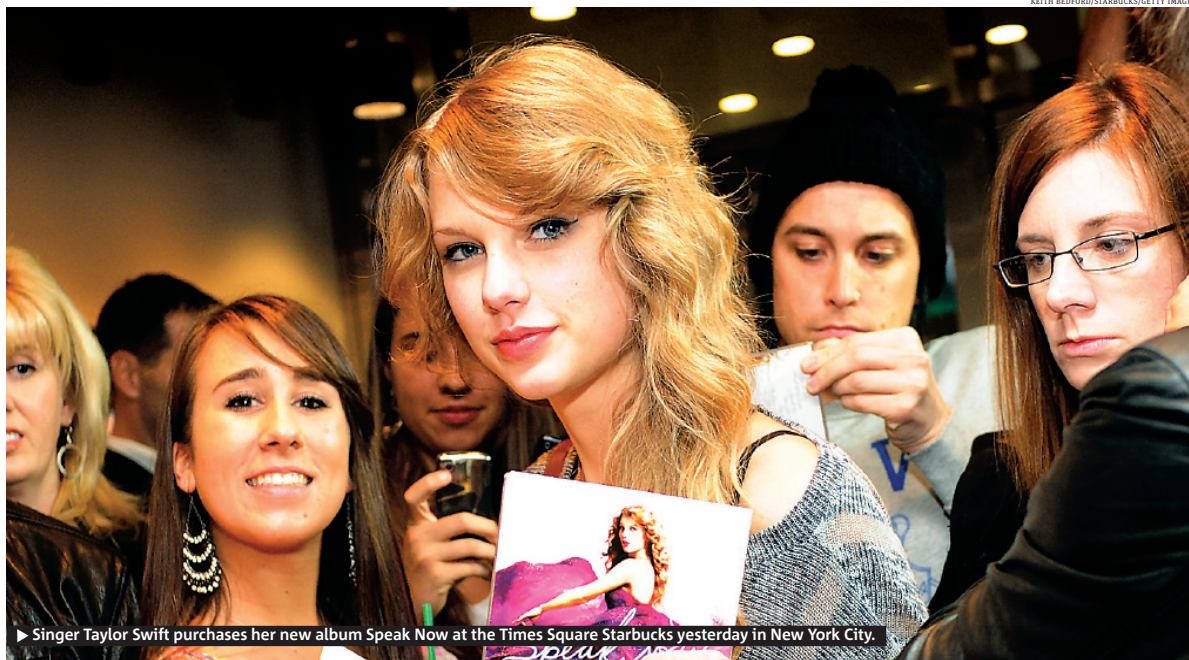
ANDREAS MORSE/METRO

► The Shaw Conference Centre will host the Blueprint for the Future today.

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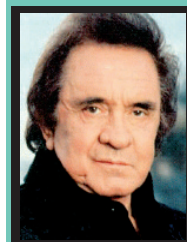
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► Singer Taylor Swift purchases her new album *Speak Now* at the Times Square Starbucks yesterday in New York City.

2

scene



The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch \$3,000 to \$5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

THE ASSOCIATED PRESS



There is a little more spice this season on Sandra Lee's Semi-Homemade Cooking, with Cuomo running for N.Y. governor

Breaking up is hard to do

GRAHAM ROCKINGHAM
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Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like *Fifteen* where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — *Fearless*.

But now, at 20, she's more cautious — careful. "As you experience love, as you experience more re-

lationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, *Speak Now*.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says.

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) *Mine* is about ... if

you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of *Speak Now*, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thought-out, spoken in complete

sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was *Innocent*.

It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech.

"You've made a rebel out of a careless man's careful daughter"

FROM TAYLOR SWIFT'S LATEST HIT SINGLE, *MINE*

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."

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Canines inspire OK Go

► Band's video for White Knuckles seen by millions ► It took 124 attempts, with a mix of human and animal error causing lost takes ► Aim is to have basic activities going in sync

OK Go has gone and done it: it turned the band's White Knuckles video into a dog fest of a YouTube sensation, and with a little help from a goat.

The video received a million hits in a day after it debuted on The Ellen DeGeneres Show and was posted online Sept. 20.

Sure, the band's popular, but this time it owes a debt to Riot, Spike, Justice, Jury, Sequel, Zuni, Kash, Bunny, Peanut, Tin Tin, Kobie and Dazzle. And Ranger, a feisty goat who makes a cameo pulling at a leash in the 3½ minutes of bouncy music, frantic stacking of plastic buckets and canine tricks.

Fame came faster for White Knuckles than OK Go's Grammy-winning Here It Goes Again treadmill video, which has over 50 million hits in five years, said Bobbie Gale, the band's publicist.

Playing stagehands to the dogs are the band's Damian Kulash, Tim Nordwind, Dan Konopka and Andy Ross. Dressed in white from head to toe, they sing White Knuckles from their album *Of the Blue Colour of the Sky* as they twirl dogs in chairs and hoist them on planks, tables and into movable cubby holes by twos and threes. The band didn't want a bunch of stupid pet

tricks or one amazing dog, but a lot of dogs doing basic things together, said Kulash, the guitarist and lead singer.

"You take any two simple things and make them move in sync and suddenly they have personality. Something comes out of it. There is a gut emotional response to having things moving that way," he said.

OK Go

The backyard, treadmill and animal dances were choreographed by Trish Sie, Kulash's sister.

She and the band won a best short form music video Grammy as co-directors of the treadmill piece.

Before a performance at MTV's Video Music Awards, saying, "What has happened? What universe are we in?" But it begged the question, what are we going to do now?" Sie said.

That was the night they

decided whatever it was, it would involve dogs. When the time came, she said the dogs were the biggest challenge and the greatest reward. "Dogs don't

said.

For example, Kobie does a high five in the video, she said. "The problem was getting him to do it just once.

He would run out and do it 20



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under-stand the concept of a beat or an eight-count. It's all one big game to them," Sie said.

The blueprint was drawn up a year ago during two weeks spent around a table in a Los Angeles warehouse. The band and Sie met with Lauren Henry and Roland Sonnenburg of Talented Animals, playing with dogs and brainstorming. They decided to shoot in Corvallis, Ore., because Talented Animals has an office there, dogs and trainers were available and they had donated warehouse space. Kulash's own pet, a brown dog named Bunny, mixed it up with the four-pawed pros.

The dogs underwent two weeks of training. In the warehouse, humans used stuffed animals to rehearse. They built tables and furniture, painted five-centimetre-by-20-centimetre (two-inch-by-eight-inch) boards and practised bucket building. The choreography included the trainers moving around the room to guide the dogs through each trick with hand or voice signals, clickers, toys and treats.

THE ASSOCIATED PRESS

Scissor Sisters cancel Euro tour dates

Glam pop band Scissor Sisters says it is cancelling tour dates in Europe due to "funding issues."

The New York-based quintet says it "has become impossible to make the tour work financially."

The band said in a statement posted on its website Monday that it was "very disappointed, but it is beyond anyone's control." The band didn't elaborate.

Refunds will be made for the nine shows in Denmark, Germany, the Netherlands, France, Luxembourg, Switzerland and Italy.

Their gigs in Britain are not affected.

The Scissor Sisters have become international stars with millions of records sold. Their debut album was released in 2004 and sold over 2.5 million copies, making it the biggest-selling album of the year.

THE ASSOCIATED PRESS

DVD Releases this week

Buy it ●●●●● | Rent it ●●●●● | Borrow it ●●●●● | Yawn ●●● | Don't bother ●

Teasing at its best

Les Amours imaginaires (Heartbeats)

Genre: Drama

Director: Xavier Dolan

Stars: Xavier Dolan, Monia Chokri, Niels Schneider ●●●●½

Advance word on Heartbeats, the sophomore feature from Quebec wunderkind Xavier Dolan (*J'ai tué ma mère*), had it as a ménage à trois between Dolan's character Francis and friends Marie (Chokri) and Nicolas (Schneider).

This is a tease, but then so is the movie, in the best possible sense. It is true that Francis, Marie and Nicolas are never far from a bed, but the permutations of their passion take many forms that don't always add up to three.

Longtime pals Francis and Marie fall under the spell of Nicolas, a curly



blond Adonis type, whom they spot at a luncheon and wrongly assume to be something of a yokel.

Nicolas is from the country and grins readily at many jokes, while Francis, who is gay, and Marie, who is straight, are sophisticated cynics from Montreal. It's not long, though, before both Francis and Marie are imagining themselves entangled with Nicolas, who is far shrewder and more calcu-

lating than he appears.

He remains an obscure object of desire, making everyone guess as to what gets him off. Francis and Marie become increasingly determined to command his attention, marking time with one-nighters with other lovers who leave them unfulfilled and longing for Nicolas even more. With Heartbeats, Dolan defies cardiac arrest.

● PETER HOWELL

The Girl Who Played With Fire

Genre: Drama

Director: Daniel Alfredson

Stars: Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson ●●●●

As often happens midway through dramatic trilogies, the story sags and the violence gets ramped up, as preparations are made for the grand finale.

It's no different with The Girl Who Played With



Fire, the second film adaptation of Stieg Larsson's Millennium Trilogy.

Noomi Rapace returns as Lisbeth Salander, and she's teamed again with

Winter's Bone

Genre: Drama

Director: Debra Granik

Stars: Jennifer Lawrence, John Hawkes ●●●●

There are questions you don't ask and mysteries you don't try to solve in the Ozark Mountains hamlet where 17-year-old Ree Dolly (Jennifer Lawrence) lives with her impoverished family.

Failure to heed these

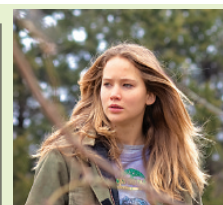
rules, as we learn almost by intuition in Debra Granik's forlorn anti-thriller, could get you beaten, or worse. But Ree needs to know what happened to her missing father. Winter's Bone, this year's Grand Jury Prize winner at Sundance, confirms Granik's affinity for difficult subjects and her knack for spotting new talent.

The film's dialogue is so

investigative reporter Mikael Blomkvist (Michael Nyqvist).

Salander is on the lam, framed for three murders that Blomkvist knows she didn't commit. An international sex-for-hire ring and a hulking villain straight out of a 007 film add further complications.

Director Daniel Alfredson made this for Swedish TV, and it shows. The grainy digital look suggests an impoverished budget. ● PETER HOWELL



sparse and the plot is so lean, it requires acting of exemplary strength. The cast delivers in spades.

● PETER HOWELL

Divorce might cost Courteney \$50 million

► Cox-Arquette's fortune estimated at \$100M ► Arquette likely to see half of that ► Couple separated at the moment but divorce filing expected

If separated couple Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to \$50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most — her pocketbook," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their \$100 million fortune."

● METRO



► Courteney Cox and David Arquette



► Russell Brand and Katy Perry

Brand buys Perry a tigress

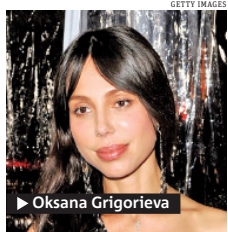
While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

After the wedding, Brand purchased a tigress

that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife.

● METRO



► Oksana Grigorieva

Playboy wants Mel's ex

Playboy is reportedly desperate to get Mel Gibson's ex-girlfriend, Oksana Grigorieva, to strip down for its next issue, according to TMZ.

Sources say the magazine is offering the Russian singer up to \$75,000 and would put her on the cover if she'd participate. There's been no word on whether Grigorieva is considering the offer. ● METRO

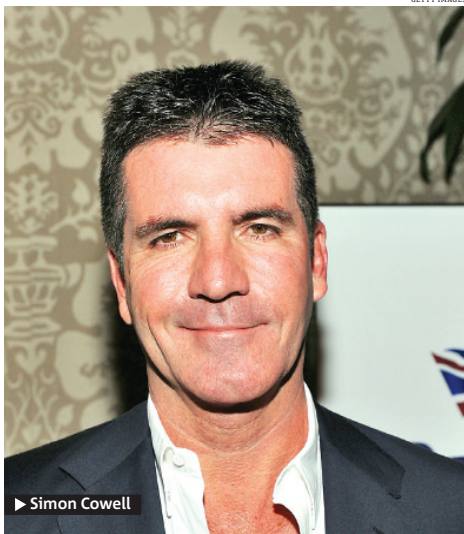
Cowell and fiancée taking a 'break'

Simon Cowell and fiancée Mezghan Hussainy are reportedly taking a "break" to deal with their rocky relationship, according to the Mail on Sunday, and Cowell's mother thinks that's exactly what they need.

"I think (the engagement) was too quick. This might give them the break they need to think it through," Julie Cowell tells the newspaper.

"At the moment it isn't a good idea for her to be here. She doesn't know many people in London. If you are Simon's girlfriend, let's be honest about this, you are not going to see very much of him. It's very difficult for a girl to accept that."

● METRO



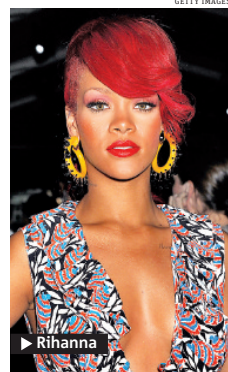
► Simon Cowell

Busy schedule keeps Rihanna from wedding

There was one notable absence at Russell Brand and Katy Perry's wedding: pop singer Rihanna, who threw Perry's lavish bachelorette party in Las Vegas. She was reportedly expected to be her maid of honour but was a no-show at the wedding in India, according to TMZ.

Rihanna couldn't make it because of work commitments in the U.S., and a source close to Perry says the bride "totally understood."

● METRO



► Rihanna

Celebrity tweets

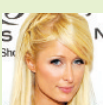
Steve Martin
[@SteveMartinToGo]
Day off on Monday; hoping to get a 24 flu. Would be so convenient, and give me something to do.



Russell Crowe
[@RussellCrowe] I'd like to have a month made of Sundays.



Paris Hilton
[@ParisHilton] So excited for Halloween! :)



Carrie Fisher
[@CarrieFisher] Thank you guys so much for helping me turn 54. I couldn't have done it alone. I don't look a day over 53. ● METRO



Lohan's clothing line not hurt by rehab stint

Lindsay Lohan was worried her clothing line, 6126, would flounder if she was forced back to rehab by

the court, which she was last Friday.

But sources tell TMZ the company is doing just fine

thanks to sketches for their next fall and spring lines that Lohan completed during her first stint at

the Betty Ford Center. Lohan has been ordered to remain in rehab until January 3. ● METRO

3 life

Healthy bites



Konnyaku jelly

Derived from the konnyaku potato, the jelly is a top health food in Japan. Low in calories, it has been found to clear the digestive track of toxins.



Wrinkles

These glasses fight off the formation of wrinkles. The Mejikara anti-wrinkle glasses have been designed to prevent crow's feet. Available at: japantrendshop.com



Health Canada, food industry launch campaign on understanding nutrition facts



► Get intense.

The body bible

► Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon
► It's a full body workout that's more than a few twists and jumps, it's a body bible.



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METRO WORLD NEWS IN LONDON

Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core.

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas extra cardiovascular moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is and idea for people with no time and that need to squeeze their workouts into bursts



► Carlos Leon (left) and Jeff Bell.

Belleon Body

Bell and Leon want to re-introduce you to your body.

"Once you realize working out makes you feel better, getting to know your body becomes a life-long commitment," says Leon.

Their lean, muscular physique is the living proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more

toned and their heart rate increases facilitating fat burn."

All of this is done without bulking you up.

Working out is the bigger picture to a happier, healthier you, so eat right, stay healthy and keep a clear mind.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just sat away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental and physical shape.

The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits.

Try a spooky skull spirit for Halloween



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

The last time I saw Dan Aykroyd he was talking wine, but seeing as we're creeping our way to Halloween this week I can't help but think of his side project: Crystal Head Vodka (\$44.98 - \$75.00).

If you've seen Indiana Jones and the Kingdom of the Crystal Skull you'll know from where Aykroyd got his inspiration. The story goes that the original thirteen skulls had some sort of mystical powers, and since Aykroyd is a fan of the supernatural, serving a neutral spirit from a human skull-shaped bottle was right up his alley.

Made in Newfoundland it's quadruple-distilled and triple-filtered through Herkimer

diamond crystals. Okay, so I really don't know what diamond filtration does for the vodka (what could it do?), but the bi-product is a smooth, refined spirit with just a hint of anise-like flavour.

I can't think of a better splash of booze to support a Bloody Caesar on this up-coming All Hallow's Eve.

This product is not available everywhere. But those unlucky ones can place private six-pack orders by contacting Diamond Estates at 416-488-4922.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Refreshing, cool Tex-Mex starter



ROSE REISMAN
LIFE@METRONWS.CA

The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas.

Tortilla, Sautéed Corn and Plum Tomato Soup Preparation:

- 1 Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.



Prep time:
20 min.
Cooking:
22 min.

► Tortilla, Sautéed Corn and Plum Tomato Soup.

- 2 Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

- 3 Add the tomatoes, cornstarch (dissolved in 1

Tbsp of water) and salt and pepper.

- 4 Simmer for 2 minutes until slightly thickened. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh

Ingredients :

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup canned corn kernels, drained
- 4 cups chicken or vegetable stock
- 4 cups black beans, drained and rinsed
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 1/4 tsp salt and freshly ground black pepper
- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

herbs and sour cream. Makes six servings.



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REPORTER/ PHOTOGRAPHER

Reporting to the Managing Editor, the ideal candidate will have excellent reporting, photography and writing skills as well as previous daily newspaper experience. We are looking for a reporter with the tenacity to push official sources and the skill to write compelling stories on matters of local concern. Journalists who report with skill and write with flair are encouraged to apply. As part of a small team handling Alberta's capital, you must think fast on your feet.

PRIMARY RESPONSIBILITIES:

- Responsible for generating story ideas and for covering assigned stories in a range of news styles; breaking news, features, entertainment, lifestyle, sports, etc.
- Photography to accompany stories or to be used as stand-alone items
- Multi-platform reporting
- Writing quick web versions of breaking news stories for metronews.ca
- Coverage of some early morning and evening assignments as needed

REQUIREMENTS OF THE POSITION:

- Post-secondary degree or diploma in journalism
- 2-3 years of daily newspaper experience is a MUST
- Newspaper experience as a photographer an asset
- Strong reporting skills
- Strong grasp of all areas of news and feature writing
- Well versed in CP style
- Ability to work to tight deadlines
- Must be an assertive self starter with own vehicle
- Excellent communication skills
- An adaptable team player with an adaptable attitude
- Experience using social media tools such as Twitter and Facebook

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 29, 2010. PLEASE QUOTE: "Reporter - Edmonton" in the subject line. All submissions will be treated as confidential.



CRUSH CONFESSION LED TO REAL LOVE

Names: Kathryn, 22,
and John, 22

Hometown:
Dartmouth, N.S.

Together since:
2009

Their story:

"John and I (Kathryn) first met in high school, where we had classes together, but we were both so painfully shy that we never spoke a word to each other!

How We Met: Kathryn & John

"I liked John since the moment I saw him, but was never able to work up the courage to talk to him. We even ended up going to the same university.

"In the summer of 2008, we found ourselves together on a pub crawl, and in a drunken stupor the next morning, I confessed to my crush on him. At the time, I was in a dead-end relationship,

which ended shortly after "I confessed my feelings to John. We became good friends and talked daily. Then almost a year after becoming friends, we started dating and have been together ever since!"

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THE AFFORDABLE DREAM
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Q: My husband's comic book collection is taking over the basement and there's no room for our toddler's toys. How do I get him to understand that his childhood has come to an end?

Angela says...
My gut reaction

is to let your toddler eat a peanut butter-and-jam sandwich in the basement. But upon sober second thought, I wonder if it really is such problem after all. Isn't it better if the comic books reside in the basement rather than your bedroom, dining room or living room? And does his childhood really need to come to a complete end? If space is an issue, is there a compromise — maybe he can free up one shelf for the kid's growing Olivia book collection?

Derek says...

HUSBAND'S
COMICS
BOOKS ARE
TAKING
OVER THE
BASEMENT

Smug Marrieds

**ANGELA
PACIENZA
& DEREK
CHEZZI**

2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS



I'm no psychologist, but I have seen enough episodes of Two and a Half Men to gently suggest that perhaps you resent your husband's ability to balance his super-ego and id. That childlike quality that expresses itself in his love of comics is part of the reason you fell in love with him. Asking him to part with them could rip out a piece of his soul and turn him into a dull, socially awkward individual capable of interacting only with electrical engineers. But if you really need the space, have someone digitally archive the collection and then buy him an iPad to carry the comics wherever he goes.



► In a recent study, 84 per cent of cat owners battling breast cancer said their cat had a calming effect during treatment.

Cats comfort cancer patients

When Karen Corey found a beautiful, black and white stray cat outside her Fredericton, N.B., apartment last summer, she decided to bring him into her home. "He was the most beautiful cat I'd ever seen and I was sad that he had no one to care for and comfort him," says Corey. Little did she know then just how he would comfort her in return.

Corey had recently been diagnosed with breast cancer and was scheduled to begin chemotherapy in early August of 2009. Once her treatments started, the side effects were predictably unpleasant. But through it all, her cat — now named "Luke," Corey's variation of "luck" — wouldn't leave her side. "I had to get up hourly to use

the washroom throughout the night as a side effect of my treatment," says Corey. "Luke would follow me into the bathroom every time and then come back to bed and curl up purring beside me. It was hard to think about how crummy I felt with him looking so cute, trying to make me feel better. He kept close to me the entire time I was being treated for breast cancer. It was amazing."

Corey's is one of many such remarkable stories. According to a U.S. study conducted by Nestlé Purina, 84 per cent of cat owners

battling breast cancer said their feline companion had a calming effect on them during their treatment. This same study also revealed that 73 per cent said their cats knew they were sick.

Ontario-based veterinarian and feline specialist Dr. Liz O'Brien has been working in the field of cat care for over twenty years. She also owns and runs two feline-exclusive veterinary hospitals. She concurs that unique cat behaviour around sick owners is not unusual. "Cats are much more attune to their environment and attached to their human family members than people give them credit for, and their own-

more details

► More information is found online at catchow.ca.

How to make your taxes less taxing

► **Alison's Money Rule:** A little tax prep now will pay dividends when filing time rolls around

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Death and taxes. If you wait until next April to think about the latter, the experience can be a whole lot like the former.

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

- **Check your pay stub:** Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.
- **Check your interest earnings:** Some banks don't issue T5 slips for \$50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.



► It is possible to make taxes less ... taxing.

Tax tip sheet

- Tax Tip Sites:
cra.gc.ca Click on Tax Alert for tips and cautions.
hrbtxtalk.ca

- **Check the charity:** Before donating money this holiday season contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.
- **Check on your health:** If your family has known medical expenses coming up such as braces or glasses you could get a bigger tax benefit by loading them all into one year.
- **Check your investments:** Even though the market

- Incomes over \$100,000 are taxed least (10 per cent) in Alberta.

- Most (17.5 per cent) in Nova Scotia.

ALISON GRIFFITHS

has risen nicely since the 2008\09 meltdown many still have losses. Selling a losing investment (only those outside RRSPs and RRRFs qualify), provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

- **Check the move:** Provincial taxes are based on where you reside as of December 31. Depending on the tax rate it may be worthwhile to speed up or defer your move to a different province.

Young at heart estate planning

For many people, the notion of estate planning is not very exciting. But take a closer look at the subject and you'll see that it's actually about keeping as much as possible of your wealth for your loved-ones. Whether you're starting out in a new career, raising a young family, saving for a child's education or looking forward to an imminent retirement, it's never too late to think about estate planning. In fact, it's empowering, liberating and keeps you young.

One of the biggest reasons why you should have an estate plan is so that your heirs and/or beneficiaries can avoid paying a large tax bill. This bill comes after your death when your property, investments and any other assets are sold. This federal, provincial and capital gains tax bill could potentially take a large bite out of your net value. One way to legally avoid paying it is by transferring your assets to your spouse. What this will mean is that a larger

bill may need to be paid by your heirs and/or beneficiaries. With the right advice and planning, your heirs and/or beneficiaries can be spared a large tax bill.

As well, it's important to know how much you have. In other words, what are your assets and liabilities so that you can plan on how to pay them off or distribute them to your family and friends. The ultimate goal is to protect your assets.

NEWS CANADA

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



TFSA: YES OR NO?

In 2009, the federal government introduced the tax-free savings account, which allows Canadians eighteen years of age and older to save and grow their money tax free. Each year you can contribute \$5,000. This amount will be indexed with inflation.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So, basically your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're

fully taxed at your marginal tax rate when funds are withdrawn.

Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.



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sports

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"We have a lot to overcome. This is a league that when you get to the end you've got to have a certain amount of size. I'm not sure we have it."

SUNS GUARD STEVE NASH

"We are probably not the No. 1 favourites. But heading into the playoffs we can beat anybody. Nobody's that much better than us."

SPURS GUARD MANU GINOBILI



Scan code for sports

► NBA preview

The challengers

► Can Miami's new Big Three stop Kobe and the Lakers from defending their crown?

► First LeBron and friends will have to get past the Celtics and their aging all-stars

Kobe Bryant had just finished with a Big Three when LeBron James and friends got to work building another.

Dwyane Wade soon announced he was staying in Miami, flanked by Chris Bosh, who said he was coming. The next night, James appeared on his much-publicized, heavily criticized TV special to declare his intentions of heading to South Beach.

Two days, three all-stars. Just like that, the Heat were the clear winners in July.

For now, Bryant and the two-time defending champion Lakers still own June.

"I think until someone beats the Lakers, the Lakers is the team to beat. I don't care how stacked the team is," Hall of Famer Michael Jordan said. "That's the thing about being champions. Until you get knocked off of that hill, you're still the champions."

The new Heat make their debut in the NBA season opener tonight against the Boston Celtics, who brought back their trio of Kevin Garnett, Paul Pierce and Ray Allen, then added even more age when they signed Shaquille O'Neal.

And O'Neal has a message for his former fans in Miami: Older is definitely better.

"Everyone wants to talk about the young team, but in the last 10 years, I think I've been there four times. I haven't seen a young team there yet," O'Neal told reporters after a pre-season game in Hartford, Conn.

"You guys, every time you see young people get together, you automatically give it to them. But studies show, it's documented the last 10 years, no young team has either won it or even been there."

Miami could be the team to change that. James is the two-time reigning MVP, Wade is a former scoring champion who was MVP of the 2006 NBA finals, and former Raptor Bosh is one of the best big men in the league. They were friends who came in to the league together as top-five picks in the 2003 draft and teammates on the U.S. Olympic that won gold in 2008.

They went on the market together to head the most hyped free agency



class in history, and Miami landed all three of them.

"That's the only reason for coming here, me and C-Bosh and D-Wade, united to win a championship," James said during Miami's media day. "We're going to bring our A game every night and play as hard as we can to try to bring a championship to South Florida."

Bryant won't give it up easily, even as he battles nagging injuries and off-season knee surgery. Asked his reaction to the Heat's

24

Number of minutes per game the Houston Rockets will limit Yao Ming to as the seven-foot-six centre returns from an injury that cost him all of last season.

three stars all accepted less than allowed, leaving the Heat with enough money to re-sign Udonis Haslem and ink Mike Miller, equipping them with a top bench, as well.

Los Angeles also got stronger with the signings of Steve Blake and Matt Barnes. Phil Jackson returned to try for a fourth three-peat, which would allow Bryant to tie Jordan with six titles.

There are other contenders. The Celtics were minutes away from an

18th title last season before Los Angeles rallied for an 83-79 victory in Game 7. Orlando has won 59 games each of the last two seasons, and the West is deep in potential threats to the Lakers' reign.

Fresh off winning MVP honours after leading the U.S. to the gold medal at the world championship, Oklahoma City's Kevin Durant was voted by general managers as their pick to win the NBA's MVP award this season.

THE ASSOCIATED PRESS

ETHAN MILLER/KEVIN C. COX/DONALD MARTINEZ/GETTY IMAGES

San Francisco hasn't been a treat for Texas

- ▶ Rangers are winless in last 11 games at Giants' old and new ballparks
- ▶ 'Whatever happened in the past is the past,' says Rangers' Young

ERIC RISBERG/THE ASSOCIATED PRESS



▶ Giants starting pitcher Tim Lincecum steps onto the field at AT&T Park in San Francisco yesterday.

Not only have the Texas Rangers never been to the World Series before, they are winless in nine games at AT&T Park. And make that an 11-game losing streak in San Francisco dating back to the windy, cold nights at the Giants' former home of Candlestick Park.

"That's something you don't even consider. It's a different team," Giants manager Bruce Bochy said yesterday before his team worked out at AT&T Park. "They're a team that really came together at the right time and started

playing very well once the playoffs started and played well throughout them."

Still, the Rangers must find a way to win in San Francisco's pitcher-friendly waterfront ballpark at least once, because the Giants have home-field advantage in the Series. Game 1 is tomorrow night — and the Giants know Texas manager Ron Washington will have his team ready with post-season ace Cliff Lee on the mound for a marquee matchup against two-time reigning NL Cy Young Award win-

"I think there probably were some people surprised to see these two teams in the World Series. But it's good for baseball."

GIANTS MANAGER BRUCE BOCHY

ner Tim Lincecum.

"Just like the Rangers lost in '99, and never won a home playoff game, those have nothing to do with this team," Rangers third baseman Michael Young said yesterday at

the team's downtown San Francisco hotel. "Whatever happened in the past is the past, nothing to do with what happens now, just like regular season games have nothing to do with the post-season. That's all in the past."

The Giants returned to the Bay Area on Sunday afternoon following their Game 6 victory Saturday night at Philadelphia that sent the franchise to its first World Series since the Barry Bonds-led 2002 team that finished runner-up to the Angels.

THE ASSOCIATED PRESS

National League's gift to the Giants

The Giants have the NL all-stars to thank for starting the World Series at home. This is the first time the Series has begun in a National League park since 2001 at Arizona. Home-field advantage stopped rotating between the leagues in 2003, going instead to the league

that won the all-star game. The NL finally ended its 13-year drought by winning this year's Midsummer Classic, and the Giants are the beneficiary.

Texas players actually had a few chances to change that all-star outcome, but Elvis Andrus,

20-19

The Giants were outscored 20-19 by Philadelphia in six NLCS games and had three one-run wins.

Josh Hamilton, Vladimir Guerrero and Ian Kinsler combined for just one hit in seven at-bats against the National League.

THE ASSOCIATED PRESS

Sports in pictures

PHOTOS
1. MIKE ROEMER/THE ASSOCIATED PRESS
2. DAVID COOPER/TORSTAR NEWS SERVICE
3. HARRY HOW/GETTY IMAGES
4. DARRYL DYCK/THE CANADIAN PRESS
5. GREGORY SHAMUS/GETTY IMAGES


1 Brett Favre has a stress fracture in his left ankle that could end the Minnesota quarterback's NFL-record durability streak at 291 consecutive games started.

2 The Toronto Blue Jays' search for a new manager is over. John Farrell is leaving his job as Boston Red Sox pitching coach to replace the retired Cito Gaston.

3 The Los Angeles Kings put star defenceman Drew Doughty on injured reserve yesterday while he recovers from an apparent concussion.

4 Edmonton Eskimos quarterback Ricky Ray's status is day-to-day after injuring his shoulder.

5 The Chicago Bulls have exercised the fourth-year contract option on all-star forward Derrick Rose. METRO NEWS SERVICES



▶ Ian Kinsler

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Montreal	8	5	2	1	0	27	27	11	2-1-0	3-1-0	5-2-1	L1
d-Montreal	8	5	2	1	0	20	18	11	2-1-1	3-1-0	5-2-1	W2
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0	3-0-1	5-3-1	L1
Washington	8	5	3	0	0	23	21	10	4-1-0	1-2-0	5-3-0	W1
NY Islanders	8	4	2	1	1	26	23	10	2-0-1	2-2-1	4-2-1	L1
NY Rangers	7	4	2	1	0	22	20	9	1-1-1	3-1-0	4-2-1	W3
Toronto	7	4	2	1	0	20	18	9	2-1-1	2-1-0	4-2-1	L3
Boston	6	4	2	0	0	18	11	8	1-2-0	3-0-0	4-2-0	L1
Carolina	7	4	3	0	0	21	21	8	1-0-0	3-3-0	4-3-0	W1
Atlanta	8	3	4	1	0	23	29	7	1-2-0	2-1-1	3-4-1	L3
Philadelphia	7	3	4	1	0	19	21	7	2-3-0	1-1-1	3-4-1	L1
Buffalo	9	3	5	1	1	24	27	7	0-4-1	2-2-0	3-5-1	W1
Florida	6	3	3	0	0	17	12	6	2-1-0	2-2-0	3-3-0	W1
Ottawa	8	2	5	1	0	16	26	5	1-2-0	1-3-1	2-5-1	L1
New Jersey	9	2	6	1	0	15	30	5	0-4-1	2-2-0	2-6-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3	3-0-0	5-0-3	W2
d-Los Angeles	8	6	2	0	0	25	19	12	3-0-0	3-2-0	6-2-0	W2
d-Calgary	8	5	3	0	0	21	17	10	3-1-0	2-2-0	5-3-0	W2
Detroit	7	5	1	1	0	23	18	11	3-0-1	2-1-0	5-1-0	W4
Chicago	10	5	4	1	0	29	28	11	3-3-0	2-1-1	5-4-1	L2
Dallas	7	5	2	0	0	24	17	10	3-1-0	3-1-0	5-2-0	L1
St. Louis	7	4	1	1	1	19	14	10	4-0-0	0-1-1	4-1-1	W2
Columbus	8	5	3	0	0	20	22	10	3-2-0	2-1-0	5-3-0	W2
Colorado	8	4	4	0	0	25	29	8	1-2-0	3-2-0	4-4-0	L2
Minnesota	8	3	3	0	2	23	23	8	2-2-1	1-1-1	3-3-1	L2
Vancouver	8	3	3	0	2	20	21	8	3-0-1	0-3-1	3-3-2	W1
San Jose	7	3	3	1	0	19	21	7	1-2-0	2-1-1	3-3-1	L1
Phoenix	7	2	2	3	0	17	19	7	1-1-2	1-1-1	2-2-3	L2
Anaheim	9	3	5	0	1	21	33	7	2-0-1	1-5-0	3-5-1	L1
Edmonton	6	2	4	0	0	15	21	4	2-2-0	0-2-0	2-4-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Columbus 2 Philadelphia 1
Montreal 3 Phoenix 2 (OT)
Los Angeles 3 Minnesota 2 (SO)

Sunday's results

Calgary 4 San Jose 0
Nashville 4 Tampa Bay 3
N.Y. Rangers 3 New Jersey 1

Tonight's games

(All times Eastern)
Florida at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.

CANADIENS 3, COYOTES 2 (OT)

First Period
No Scoring.

Penalties — Spacek Mtl (holding stick) 2:57, Whitney Pho (interference) 3:32, Fiddler Pho (holding) 4:31, Ekman-Larsson Pho (high-sticking) 7:36, Gorges Mtl (hooking) 16:15.

Second Period

1. Phoenix, Turris 3 (Wolski) 2:49
2. Montreal, Plekanec 3 (Kostitsyn, Cammalleri) 7:14
3. Montreal, Cammalleri 3 (Hamrik, Subban) 9:23 (pp)

Penalties — Morris Pho (cross-checking) 8:09, Spacek Mtl (hooking) 10:23, Whitney Pho (holding) 11:18, Moen Mtl (boarding) 19:53.

Third Period

4. Phoenix, Morris 1:01 (pp)

Penalty — Gorges Mtl (interference) 5:57.

Overtime

5. Montreal, Kostitsyn 5 (Eller, Gorges) 1:25
Penalties — None.

Shots on goal by

Phoenix 11 7 11 0-29
Montreal 10 8 10 1-29

Goal — Phoenix: Bryzgalov (L-2-1). Montreal: Price (W-5-2-1). **Power plays (goals-chances)** — Phoenix: 1-5; Montreal: 1-5. **Referees** — Rob Martell, Dennis LaRue. **Linesmen** — Michel Cormier, Brad Kovachik. **Att.** — 21,273 at Montreal.

LATE SUNDAY

FLAMES 4, SHARKS 0

First Period

1. Calgary, Bourque 5 (Hagman, Morrison) 4:12 (pp)

St. Louis, TB	3	6	9
Bertuzzi, Det	2	7	9
M.Koivu, Minn	2	7	9
Kessel, Tor	6	2	8
MacArthur, Tor	6	2	8
Kostitsyn, Mtl	5	3	8
Semin, Wash	5	3	8
Alfredsson, Ott	4	4	8
Neal, Dal	4	4	8
Ovechkin, Wash	4	4	8
Selanne, Ana	4	4	8
Kopitar, LA	3	5	8
Ladd, Atl	3	5	8
Malkin, Pgh	3	5	8
Perry, Ana	3	5	8
Letang, Pgh	2	6	8

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

NEW YORK YANKEES — Fired pitching coach Dave Eiland.
TORONTO BLUE JAYS — Named John Farrell manager.

NATIONAL LEAGUE

ST. LOUIS CARDINALS — Agreed to terms with pitching coach Dave Duncan on a two-year contract and hitting coach Mark McGwire, first-base coach Dave McKay, third-base coach Jose Oquendo and bench coach Joe Pettini on one-year contracts.

BASKETBALL

NBA

CHICAGO BULLS — Exercised their fourth-year contract option on G Derrick Rose and third-year contract options on F Taj Gibson and F James Johnson.
MIAMI HEAT — Waived F Da'Sean Butler and G Patrick Beverley.
MILWAUKEE BUCKS — Exercised their third-year contract option on G Brandon Jennings.
Waived F Brian Skinner.

FOOTBALL

NFL

HOUSTON TEXANS — Waived DT Frank Okam.
Signed LB Stanford Kellar, DT Damione Lewis and DT Malcolm Sheppard. Signed DE Tim Jamison to the practice squad. Place LB DeMeco Ryans on injured reserve.
NEW YORK JETS — Signed T Andre Ramsey to the practice squad.
TAMPA BAY BUCCANERS — Released TE Jerryamy Stevens.

CFL

WINNIPEG BLUE BOMBERS — Added QB Frank Wilczynski to the practice roster.

HOCKEY

NHL

ATLANTA THRASHERS — Activated G Ondrej Pavelec from injured reserve. Reassigned G Peter Mannino to Chicago (AHL).
COLUMBUS BLUE JACKETS — Activated RW Jared Boll from injured reserve.
NASHVILLE PREDATORS — Reassigned D Teemu Laakso to Milwaukee (AHL).
NEW YORK ISLANDERS — Recalled F Matt Martin on emergency loan from Bridgeport (AHL).

NEW YORK RANGERS — Assigned F Jeremy Williams to Hartford (AHL).
PITTSBURGH PENGUINS — Assigned F Eric Tangradi and D Andrew Hutchinson to Wilkes-Barre/Scranton (AHL).
WASHINGTON CAPITALS — Recalled G Braden Holtby from Hershey (AHL). Loaned G Dany Sabourin to Hershey. Assigned C Jay Beagle to Hershey.

AHL

MANITOWA MOOSE — Assigned F Prab Rai to Victoria (ECHL).

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	11	5	0	480	415	22
x-Hamilton	16	9	7	0	436	372	18
x-Toronto	16	8	8	0	313	401	16
Winnipeg	16	4	12	0	419	434	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	16	11	5	0	536	403	22
x-Saskatchewan	16	9	7	0	449	442	18
Edmonton	16	6	10	0	343	501	12
B.C.	16	6	10	0	420	428	12

x — clinched playoff berth.

y — clinched division title.

Friday's games

(All times Eastern)

Montreal at Toronto, 7 p.m.

Hamilton at Calgary, 10 p.m.

Saturday's game

Winnipeg at Edmonton, 7 p.m.

Sunday's game

Saskatchewan at B.C., 5 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	60	31	3	156
McCallum, BC	0	29	40		
6	155				
Duval, Mtl	0	37	30	12	139
DeAngelis, Ham	0	39	31	3	135
Congl, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	28	24	8	108
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
Palardy, Ham-Wpg	0	18	16	7	73
T. Edwards, Wpg	12	0	0	0	72
Bryant, Cal	11	0	0	0	66
x-Cobb, Ham	10	2	0	0	62
x-Green, Mtl	10	2	0	0	62
Lewis, Cal	9	0	0	0	54
Robinson, BC	9	0	0	0	54
Bruc, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Boyd, Tor	7	0	0	0	42
McDaniel, Ham	7	0	0	0	42
Rambo, Cal	7	0	0	0	42
Reynolds, Cal	7	0	0	0	42
Watkins, Mtl	7	0	0	0	42
x-Owens, Tor	6	2	0	0	38
x-Simon, BC	6	2	0	0	38
Coburne, Mtl	6	0	0	0	36
Davis, BC	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Durant, Sask	6	0	0	0	36
Reid, Wpg	6	0	0	0	36
Schiavone, Edm	0	8	9	1	36
Davis, Mtl	0	6	9	2	35
Bratton, Edm	5	0	0	0	30
Fantuz, Sask	5	0	0	0	30
McCarthy, Edm	5	0	0	0	30
Whitlock, Edm	5	0	0	0	30
Thigpen, Ham	5	0	0	0	30
Medlock, Tor	0	5	7	1	27
x-Getzlaf, Sask	4	2	0	0	26
Black, BC	4	0	0	0	24
Carr, Wpg	4	0	0	0	24

NBA

2010-11 SCHEDULE

Tonight's games

(All times Eastern)

Miami at Boston, 7:30 p.m.

Phoenix at Portland, 10 p.m.

Houston at L.A. Lakers, 10:30 p.m.

Tomorrow's games

Boston at Cleveland, 7 p.m.

Detroit at New Jersey, 7 p.m.

Miami at Philadelphia, 7 p.m.

New York at Toronto, 7 p.m.

Atlanta at Memphis, 8 p.m.

Sacramento at Minnesota, 8 p.m.

Milwaukee at New Orleans, 8 p.m.

Chicago at Oklahoma City, 8 p.m.

Charlotte at Dallas, 8:30 p.m.

Indiana at San Antonio, 8:30 p.m.

Utah at Denver, 8:30 p.m.

Houston at Golden State, 10:30 p.m.

Portland at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	30	15	9	6	38	29	51
x-Columbus	30	14	8	8	40	34	50
Kansas City	30	11	13	6	36	35	39
Chicago	30	9	12	9	37	38	36
Toronto FC	30	9	13	8	33	41	35
New England	30	9	16	5	32	50	32
Philadelphia	30	8	15	7	35	49	31
D.C. United	30	6	20	4	21	47	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	18	7	5	44	26	59
x-Real Salt Lake	30	15	4	11	45	20	56
x-FC Dallas	30	12	4	14	42	28	50
x-Seattle	30	14	10	6	39	35	48
x-San Jose	30	13	10	7	34	33	46
x-Colorado	30	12	8	10	44	32	46
Houston	30	9	15	6	40	49	33
Chivas USA	30	8	18	4	31	45	28

Note: Three points for a win, one for a tie.

x — clinched playoff berth.

Sunday's results

Columbus 3 Philadelphia 1

Los Angeles 2 FC Dallas 1

End of MLS regular season

PLAYOFFS

SEMIFINALS

EASTERN CONFERENCE

(All times Eastern)

New York vs. San Jose

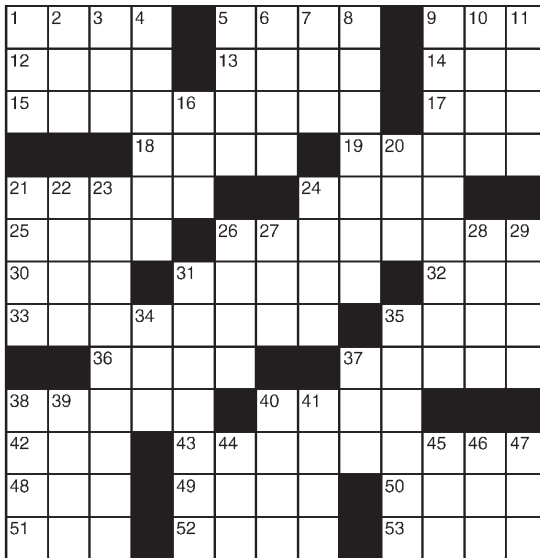
Crossword

Across

- 1 Gunshot sound
5 Salamanders
9 Discoverer's cry
12 Smell
13 Lotion additive
14 Lair
15 Edge
17 Moving vehicle
18 Ivory source
19 Eighth Greek letter
21 Allege
24 Fictional sleuth
25 Lends a hand
26 Invoice add-on
30 Dallas NBA'er, for short
31 They have their ups and downs
32 Luau music provider
33 Ready
35 Smile
36 To laugh (Fr.)
37 Sports venue
38 Performed
40 Hamburg's river
42 Mainlander's memento
43 Supporters of a cause
48 Picks out of a lineup
49 Regrets
50 Helpless?
51 Shirt shape
52 Disarray
53 TV trophy

Down

- 1 Squeezing snake
2 Toss in
3 Thanksgiving mo.

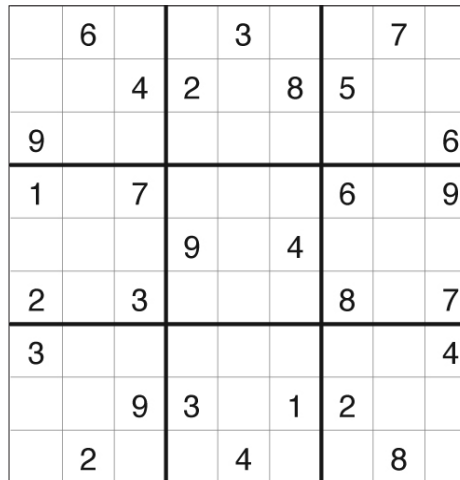


- 4 Free
5 Chows down
6 Anti-aircraft fire
7 Dress (up)
8 Boils
9 Exciting experience
10 Radiator output
11 Wintour or Quindlen
16 Fourth O.T. bk.
20 Owns
21 Bivouac
22 Talleteller
23 Plug
24 Lummoxx
26 Angry
27 Sailor's assent
28 Related
29 TV's "Warrior Princess"
31 Part of a spar
34 Chart format
35 "Summer Nights" musical
37 Disney-owned network
38 Settled down
39 Give up
40 December 24 and 31
41 Privation
44 Payable
45 Male turkey
46 Shade tree
47 Sauce for dim sum

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -6° Max 1°	Min -10° Max 3°	Min -7° Max 3°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 19 It's no big deal that different people see things in different ways — not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

♉ Taurus April 21-May 21 Go your own way and do your own thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

♊ Gemini May 22-June 21 Be calm, be confident and be ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

♋ Cancer June 22-July 22 There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off more than you can chew but, if anything, you have been too restrained of late.

♌ Leo July 23-Aug. 22 If you need to make changes to your everyday routine now is the time to get serious about them. So get started and before you know it your work will be done.

♍ Virgo Aug. 24-Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about and meet new people and explore new experiences.

♎ Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

♐ Sagittarius Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

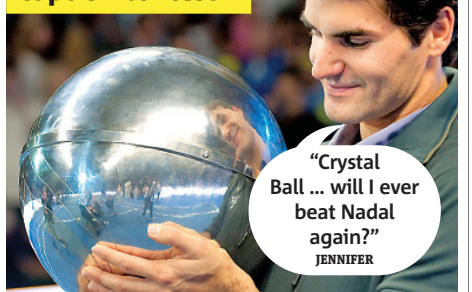
♑ Capricorn Dec. 22-Jan. 20 Now is the time to pursue whatever it is that inspires you. There really is nothing you cannot achieve at the moment, so aim high.

♒ Aquarius Jan. 21-Feb. 18 You will meet someone today who can help you realize your ambitions but they will, of course, want something from you in return. Whatever the price it's worth it.

♓ Pisces Feb. 19-March 20 You won't lack for confidence today but not everyone will share your positive attitude. Some people, it seems, get their kicks from negative thoughts and if you spend too much time with them you'll get grumpy too.

● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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AIR CANADA VACATIONS

Deals of the week

CUBA

Varadero via Calgary

Barceló Solymar • 4 ★

All-Inclusive • Supersaver rm.
Oct. 31 - Dec. 12 • 1 wk.

\$599

+Taxes & other fees
(including service charges): \$226

Sirenis La Salina Varadero
Beach Resort • 4 ★

All-Inclusive • Standard rm.
Dec. 19 • 1 wk.

\$1399

+Taxes & other fees
(including service charges): \$226

Santa Clara via Calgary

Royal Hideaway
Ensenachos • 5 ★

All-Inclusive
Royal spa premium rm.
Dec. 25 • 1 wk.


\$1749

+Taxes & other fees
(including service charges): \$226

MEXICO

Los Cabos via Calgary

Hola Grand Faro Los Cabos Luxury • 4 ★

All-Inclusive
Deluxe partial oceanview rm.
Jan. 8 & 22 • 1 wk.

\$1039

+Taxes & other fees
(including service charges): \$283

MEXICO

Puerto Vallarta/
Riviera Nayarit via Calgary

Canto del Sol Plaza Vallarta • 3 1/2 ★

All-Inclusive • Standard rm.
Nov. 13 - 27 • 1 wk.

\$749

+Taxes & other fees
(including service charges): \$281

Ixtapa/Zihuatanejo via Calgary

Barceló Ixtapa Beach Resort • 4 ★

All-Inclusive • Superior rm.
Jan. 8, 22 & 29 • 1 wk.

\$1119

+Taxes & other fees
(including service charges): \$281

Cancun/Riviera Maya

Gran Bahia Principe
Coba • 5 ★

All-Inclusive
Junior suite
Jan. 25 • 1 wk.

\$1119

+Taxes & other fees
(including service charges): \$287

Gran Bahia Principe
Tulum • 5 ★

All-Inclusive
Standard rm.
Jan. 25 • 1 wk.

\$1139

+Taxes & other fees
(including service charges): \$287

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe
El Portillo • 4 1/2 ★

All-Inclusive • Standard rm.
Nov. 7 - Dec. 12 • 1 wk.


\$779

+Taxes & other fees
(including service charges): \$324

Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Nov. 28 • 1 wk.

\$829

+Taxes & other fees
(including service charges): \$324

JAMAICA

Gran Bahia Principe
Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Dec. 30 • 1 wk.


\$1749

+Taxes & other fees
(including service charges): \$279

Sunset Jamaica Grande
Resort & Spa • 4 ★

All-Inclusive
Exclusive, renovated standard rm.
Dec. 30 • 1 wk.
FREE upgrade
to oceanfront rm.


\$1759

+Taxes & other fees
(including service charges): \$279

USA

HAWAII | Honolulu via Vancouver or Calgary

Aqua Palms & Spa • 3 ★

Partial city view rm.
Nov. 28 & Dec. 2 • 1 wk.

\$869

+Taxes & other fees
(including service charges): \$145

CRUISE

Celebrity Cruises[®]

Celebrity SummitSM

Southern Caribbean Cruise
Flight to San Juan via Toronto
Oceanview stateroom, cat. 7
Jan. 8 & 15 • 1 wk.

\$1329

+Taxes & other fees
(including service charges): \$279

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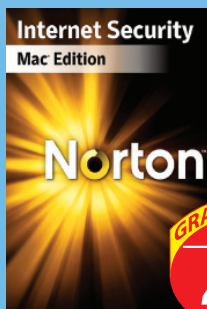


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